

MIND-BLOWING HAPPINESS™

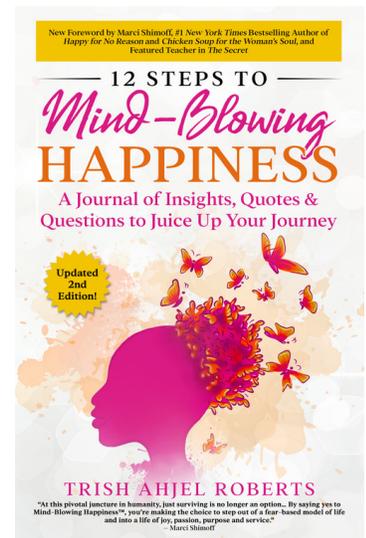
Transforming lives from the ordinary to the extraordinary

Juice Up Your Life's Journey!
Happy is the New Sexy!

Trish Ahjel Roberts is a self-actualization coach and happiness expert, with a background in corporate sales, finance, Buddhism and yoga. She coined the term Mind-Blowing Happiness™ and defines it as "a state of deep joy and fulfillment characterized by a juicy life journey steeped in passion, purpose and the realization of your fullest potential." She is the founder of Mind-Blowing Happiness LLC and Black Vegan Life™ and holds an MBA. After years of working as a financial advisor with many unhappy, but wealthy, clients, Trish saw a need to teach what she had learned from studying Buddhist and yogic philosophy. She left her corporate job with the commitment to teach her 12-step approach to Mind-Blowing Happiness™ to 12 million people over the course of 12 years. She is the author of three self-help books on the topic, the e-book, *Mind-Blowing Happiness™ Guide to Self-Care*, the self-help memoir, *Thinking Outside the Chrysalis: A Black Woman's Guide to Spreading Her Wings*, and the inspirational journal, *12 Steps to Mind-Blowing Happiness: A Journal of Insights, Quotes & Questions to Juice Up Your Journey*. She has been endorsed by Jack Canfield, Marci Shimoff and Iyanla Vanzant.



Trish Ahjel Roberts
'Interview this
Self-Actualization Coach
and Happiness Expert'

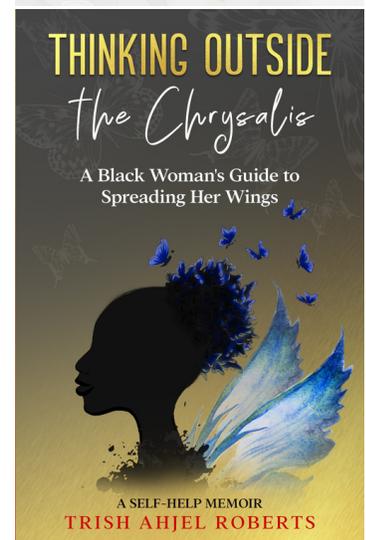


Story / Show Ideas

- **5 Tips to Tame Your Temper** I will teach your audience how to **completely remove anger from their lives** with the 5-step "Tame & Reframe" A.N.G.E.R. technique.
- **5 Tips to Transform Trauma** I will teach your audience how to **advocate for their own mental health** with the easy 5-step H.E.A.L.S. approach.
- **5 Steps to Slay Self-Doubt** I will teach your audience how to **build self-confidence** with the easy P.O.W.E.R. approach that starts working immediately!
- **4 Daily Steps to Make Self-Love Easy** I will show your audience how to **L.O.V.E. themselves** every day with four easy steps that will transform their lives.

Media Experience

- Many interviews in television, print, podcast, blogs, and radio, including a live segment on CBS46-Atlanta and 3 recorded segments on WBLS-FM New York.
- Numerous published book excerpts and articles in *Natural Awakenings Atlanta*, *Oracle 20/20*, *iPain Living*, and *SheHub TV*.



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TrishAhjelRoberts.com / Nationwide availability / Based out of Atlanta, GA.